

# CONNECTION

February 2004

Defense Distribution Depot Susquehanna, PA

Volume 4, Number 2



## Rubb Building Provides Additional Workout Space

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## Captain's Corner

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It's been quite a winter already. We've seen a fair share of snow, and some of the coldest temperatures in years in these parts.

Please practice good winter safety by dressing warmly, beware and be aware of icy conditions on roads, walkways and parking lots, and slow down when driving. Regretfully the extreme cold, single digit temperatures on several days with wind chill factors well below zero, resulted in freezing pipes in several places on the installation. Actions are underway to prevent further occurrences. If they happen again, please call in and any maintenance requirements when they occur, and Facilities Maintenance will respond as rapidly as possible to resolve them.

As this issue goes to print, the installation of our new gym building is in the final stages of construction. This temporary but hardy new building will serve as our indoor basketball court and multi-function building helping us bridge the gap while we continue efforts to construct our installation's new fitness center. On this point, good news. The new, larger and state-of-the-art fitness center is scheduled to break ground this summer with completion scheduled for the following year. In

other new construction news, the new Child Development & Youth Services Center will open next month. This great, new facility will bring together both child care and youth services facilities under one new and expanded roof adding new capability and expanding service offerings. Standby for the announcement of the Grand Opening and Open House.

I hope you are able to participate in the events and activities scheduled for the coming month, and I hope to see you out and about our New Cumberland installation.

Be Safe.

Captain Rob Ritchie  
CDR DDSP

The Connection is an authorized monthly publication intended for civilian and military personnel and housing residents of the Defense Distribution Depot Susquehanna, PA (DDSP) and co-located activities at the New Cumberland Installation. The contents are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Defense Logistics Agency, Defense Distribution Center, DDSP, or any tenant commands.

The editorial content is edited by, prepared and provided by the Community & Family Activities Office. Address mail to The Connection DDSP-H, 2001 Mission Drive, Suite 1, New Cumberland, PA 17070; wendy.keesey@dla.mil. Phone: 770-5072. The Connection may also be viewed at our web site: <http://www.ddc.dla.mil/qol/>

## Rubb Building

Have you noticed anything new at the Fitness Center? An additional structure has been added since the holidays in the space that previously held the basketball and racquetball courts. This addition will provide a heated indoor area for basketball during the cold weather months.

The new Rubb building is 50' x 50' in size. This structure will offer additional space for basketball and other fitness activities. The building will become operational once lights and heat are installed. It is anticipated the Rubb structure will be open for use by late February or early March.

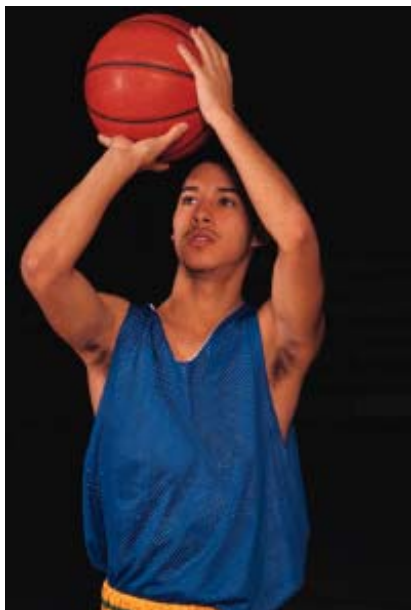
This temporary structure will remain in place until the new Fitness Center is constructed. The current projection calls for a new Fitness Center to be completed during fiscal year 2006. This new facility will be located on the open space between F and G Avenue. It will be approximately 30,000 square feet in size, which is larger than the present facility.

Many people have asked why is it called a "Rubb" Building. The name Rubb originates from the small town of Rubbestadneset on the west coast of Norway which also happens to be the home of the company that developed and manufactures these structures.

Rubb products were originally designed to withstand the harsh environment of northern Norway but the

simplicity of design and durability of the material has seen these products exported throughout Europe and North America.

So if you are a regular to the Fitness Center or are just curious about the latest addition, stop over and check out "The Rubb".



## ADVERSE WEATHER

### ANNOUNCEMENTS

#### Media List

#### HARRISBURG AREA:

WGAL-TV Channel 8  
WHTM-TV Channel 27

#### CLEAR CHANNEL BROADCASTING

WHP 580 - Talk Radio  
The River - WRVV 97.3  
WHP - CBS 21  
WLYH - 15  
Bob 94.9  
Kiss 99.3  
WNNK (WINK 104)  
WTPA (93.5 FM)

#### SUNBURY BROADCASTING

WKOK - AM  
WEGH - FM  
WQK - FM  
Newsradio 1070  
Eagle 107.3  
KX 94.1  
WROZ (The Rose 101.3)  
WKRZ (106.7)  
WQXA (105.7 - The X)

#### GETTYSBURG AREA:

WGTY (Country 108) WGET (1320)

#### CARLISLE AREA:

WHYLA/FM (Country 102)

#### YORK AREA:

WSBA (910) (WARM 103.3)

A decorative border featuring a yellow background with green vines, purple flowers, and red hearts. The text is centered within this border.

**Military Spouse's Meeting**  
**February 3, at 7:00 PM**  
**Riverview Golf Club**  
In honor of Valentines Day,  
bring your wedding picture (s)  
to share.



## Watch that Candle!

By Henry Hoffman, Assistant Fire Chief, DDSP

The number of home fires caused by candles has been soaring in recent years, and jumped a startling 20 percent from 1998 to 1999, the most recent year for which statistics are available, according to the National Fire Protection Association.

Indeed, 1999 marked a 20-year peak; there were an estimated 15,040 home candle fires that caused 102 deaths, 1,473 injuries and \$278 million in damage. Candle fires are more common in winter months, because more people use candles and decorations are often near them.

How does a little flame become so dangerous? Forty percent of the time, candles were left unattended, or inadequately controlled. Twenty five percent of the time, something that catches fire easily was left too close to the flame.

More than half of all candle fires start in bedrooms, living rooms, family rooms or dens. The most common item first ignited by a candle is a mattress or bedding.

Here are some candle safety tips:

- Use candles only in rooms where there is a responsible adult awake to control and oversee the flame.
- Keep candles away from items that can catch fire, such as clothing, books, papers, decorations, window blinds and curtains.
- Keep candles away from high-traffic locations where they can be easily knocked over, including any area accessible to children or pets.
- Place candles on stable surfaces in sturdy holders that grip the candle securely and won't tip over.
- Place candles in candle holders that can't burn and are big enough to collect dripping wax.
- Extinguish taper and pillar candles when they burn to within two inches of the holder, and votive and

container candles before the last half-inch of wax begins to melt.

- Avoid candles with combustible items embedded in them.
- Use extreme caution if you carry a lit candle, holding it well away from clothing and any combustibles that may be near your walking path. Avoid loose, flowing clothing that is not flame-resistant.

## Automotive Center News

by Jim Marshall, Business Manager

Housing occupants may dispose of all used motor oil, antifreeze and batteries at the Auto Center located at the corner of 15th Street and J Avenue (Bldg. 250). Please bring these items in during normal business hours to ensure the staff disposes of these items properly. Items should be in separate containers and marked on the outside of each container with what contents are inside.

### DDSP Business Activities February 16th - Presidents' Day

Dates not listed on this schedule are normal operating hours.

Automotive Center	Closed
Auto Hobby Shop	9:00 AM – 3:00 PM
Bowling Center	Closed
Child Development Center	Closed
Lodging	Closed
School Age Services	Closed
Youth Services	Closed
Fitness Center	8:00 AM – 4:00 PM
Riverview Golf Club *(may open if temps are in the 40's)	Closed
Riverview Snack Bar	Closed
Susquehanna Club	Closed



# DEPOT WOMEN'S CLUB

## VALENTINES DAY CARNATION SALE



*WHEN: FRIDAY, FEBRUARY 13, 2004*

*TIME: 10:00 AM – 2:00 PM*

*WHERE: EDC, BLDG 81 & BLDG 54*



*PROCEEDS BENEFIT MILITARY OUTREACH PROGRAMS, SCHOLARSHIPS, VETERANS HOSPITAL & PARENTWORKS*

### Looking for a Job?

Look no further...

Flexible positions open in School Age Services  
and Youth Services working in a pleasant  
atmosphere between 3:15 and 5:15 PM and  
occasional evenings. Contact Glenda Frazier at  
770-8010 to apply.



**Depot Women's Club (DWC)**

# **Tropical Heat Wave**



**March 5th**

## **Benefit Auction**

**Susquehanna Club, New Cumberland**

**Hors d'oeuvres, Cash Bar, & DJ  
Auctioneer**

**Dress: Beach Casual / Hawaiian**

**Cost: \$20 per person or \$35 per couple**

**6:00 - 8:00 PM - silent auction**

**8:00 - 10:00 PM - live auction**

**Cash, check, MasterCard and Visa accepted for auction items.**

**r.s.v.p. to Allison Wilson by calling 763-0343 or mail your  
response to 129 Briarwood Court, Camp Hill, PA 17011**

**Proceeds benefit military outreach programs, youth scholarships,  
Veterans Hospital and ParentWorks**

### **General Information on 2003 Earned Income Credit and Child Tax Credit**

The Advance EITC (AEITC) allows taxpayers who expect to qualify for the Earned Income Tax Credit and have at least one qualifying child to receive part of the credit in each paycheck during the year.

If you expect to qualify for the EITC in 2004 and you want to receive some of the credit during the year, complete IRS Form W-5 (Earned Income Credit Advance Payment Certificate) and give it to your employer. You will then begin to receive advance EITC payments in your pay.

Families who qualify for the EITC may benefit from recent changes to federal child care credits. Get more information from the IRS.

### **Can a custodial parent claim the Child Tax Credit if the noncustodial parent claims the child as a dependent due to the divorce agreement?**

The custodial parent cannot claim the Child Tax Credit for a child in the tax year that the noncustodial parent takes the exemption for that child.

### **Does the Form 8332 (used to release the exemption to the noncustodial parent) affect the Child Tax Credit?**

Yes. The Child Tax Credit can only be claimed by the parent claiming the exemption. In this case the noncustodial parent would qualify for the dependency exemption and therefore the child tax credit.

### **Can you file for the Child Tax Credit and the Child Care Credit, too?**

The Child Tax Credit and the Child and Dependent Care Credit can both be claimed on the same return. They can be claimed on either Form 1040 (PDF), *U.S. Individual Income Tax Return*, or Form 1040A (PDF), *U.S. Individual Income Tax Return*.

### **If I file using filing status married filing separately, can I still claim the Additional Child Credit?**

Yes. You will need to complete Form 8812 (PDF), *Additional Child Tax Credit*, and attach it to your Form 1040 or 1040A. Please refer to the [Instructions for Form 1040](#) or the [Instructions for Form 1040A index for the Child Tax Credit](#).

### **Does a grandchild, who is a dependent, qualify for the Child Tax Credit?**

Your grandchild under the age of 17 who is your dependent and is a U.S. citizen or resident alien is a qualifying child for the child tax credit.

### **Can I get the Child Tax Credit for a child with an ITIN, not a social security number?**

Yes, with an individual tax identification number (ITIN), you can claim the Child Tax Credit if you otherwise qualify. The Child Tax Credit can only be claimed by the parent claiming the child as a dependent.

### **Tax Information for Members of the U.S. Armed Forces**

The tax laws provide some special benefits for active

members of the U.S. Armed Forces, including those serving in combat zones. For federal tax purposes, the U.S. Armed Forces includes officers and enlisted personnel in all regular and reserve units controlled by the Secretaries of Defense, the Army, Navy and Air Force. The Coast Guard is also included, but not the U.S. Merchant Marine or the American Red Cross. However, these and other support personnel may qualify for certain tax deadline extensions because of their service in a combat zone.

### **Telephone Assistance**

#### **Live Telephone Assistance**

Call 1-800-829-1040 . For further information, Live Telephone Assistance for people with hearing impairments 1-800-829-4059





## Avoiding Money Management Mistakes

Excerpt from Personal Money Management, Financial Marketing Associates

The “Where does the money go?” question frequently comes up because of spending on a day-to-day basis, without any sort of plan for taking care of needs and wants. Here’s where a money management plan can help you spend your money wisely, to reach your goals.



Financial experts recommend that every family have a cash reserve of at least 50% of their annual income. To acquire this means developing good saving habits and self-restraint in spending. There is a definite need to save so you have an emergency fund when unexpected emergencies arise.

Knowing you have a safety margin of savings will also give you a feeling of security and greater peace of mind. Don’t forget, a savings account enhances your credit standing.

Using credit can be a real help or a trouble spot, depending how you use credit. The biggest problem usually is that families overextend themselves and become committed to larger payments than they can meet.

Credit terms differ, too. Shop carefully for credit. Be sure time installments fit into your budget and don’t take on more than you can handle. Know the cost of credit terms. The *real cost*. Keep track of spending made with charge accounts or credit cards, so the bills won’t come as a big surprise to you.

Pay on time to keep your credit rating solid. For more information on money management, contact Rose Daugard, at 770-7737.

## Physical Activity Guidelines for Babies through Teens

excerpt from Dr. Greene.com

Whether your child is a baby or a teen, now is the best time to be sure that active, physical play is a part of her life for at least 30 minutes every day. Childhood obesity in the US has doubled in the last

20 years. Guidelines released by the National Association for Sport and Physical Education draw on evidence of benefit from over 40 scientific studies to urge those caring for children to be mindful each day of encouraging movement and motor skills. Boring calisthenics are not what the doctor orders. Instead, look for anything fun that gets kids walking, running, rolling, balancing, jumping, kicking, throwing, or dancing. If they’re too young for these, engage them in tummy-time or playing with a rattle. One of our important tasks as parents is to teach a lifelong habit of active fun.

### Do You Know Where Your Money Goes?

1 pack of cigarettes a day is \$3.60 or \$1312.90 a year.

Daily Newspaper is \$ .50 per day times 230 workdays costs \$115.00 per year.

Coffee on the way to work? That \$.80 cup of java costs \$184 per year.

Do you grab a quick breakfast on the way to work? Average cost \$ 1.99 - 2.99 per day or \$457.70 - \$687.70 per year.

Bagel at the drive through? \$1.00 + per day/\$230 year.

How much is that daily 32 oz. soda? Average price \$1.30 is \$299 per year.

Don’t drink soda? That’s okay! That \$1.00 bottle of water is \$230 dollars per year!

### Hints on How to Save

If you must smoke, reduce your habit or switch to generics. Better yet - quit!

If you have a home computer, read the news online. Consider having the paper delivered. A subscription can save some money.

Bring coffee, soda or water from home.

Eat breakfast at home. Buy bagels at the grocery store at 6 for \$1.00 or fresh ones at \$.40 each.

## New Cumberland Youth Baseball Sign-ups

by Mary Ritchie

Sign-ups for T-Ball, Ponies, Midgets, and Teeners will be held at the New Cumberland Firehouse, 319 Fourth Street on Saturday February 7 from 9:00 AM to 12:00 PM.



There is a registration fee of \$25 per child and a fundraiser. A late registration fee will be charged to register any player after February 7. Students must be ages 6 through 15 years. For more information, call 938-8803 or 774-3970.

## Before You Move

Excerpt from Families on the Move, Family Child Care Resources, Inc.

For adults, a move is difficult even under the best of circumstances. But for children, who are less mature and more dependent on others, a move can be truly frightening. The key to easing children's fears is communicating with them about the move early and often, and including them in the decision-making process as much as possible. Listening to children is as important as talking.

Talking openly about the upcoming move gives children an increased sense of control and security. With young children, be prepared to say things over and over – the repetition is comforting and helps them to gradually adjust to the change. When answering

questions, try to be honest, reassuring and encouraging. The parent's attitude about the move sets the tone. If parents can set a positive outlook overall, children will be encouraged to look at the move positively. If parents only feel sad or angry, children will sense this. It's a good idea to talk openly about the reasons for these feelings and work through them together.

Try not to be overly enthusiastic or to build excitement too early – this can set up your child for disappointment.

Try asking your child what "features" might be important in a new home.

Try visiting the new home with your child before the move or at least getting some pictures, dimensions, etc. of his new bedroom.

Try to allow your children to express all their feelings – happy, sad, angry, etc. For more information on moving with children, contact Rose Daugard, Relocation Assistance Program, at 770-7737.



## Fishing Derby May 8th



Ages 1-15 yrs

## Lower Depot Trout Pond

9:00 AM - 1:00 PM

For more information,  
call Jim Sturm  
at 770-7488

## Women's Depot Club Luncheon

February 20, 2004

Susquehanna Club

Social: 11:30 AM

Lunch: 12:00 PM

Cost: \$10.00

RSVP to  
Margaret Strumsky at  
763-1714  
or Allison Wilson at  
763-0343

## FAMILY ADVOCACY PROGRAM (FAP) February 2004 – Calendar of Events

Feb. 3, 10, 17 5:30 – 7:30 PM

### **ParentWorks Evening Play Group**

Bldg. 400 – back of Clinic

Feb. 3 11:00 AM – 12:00 PM

### **Communication** 2:30 – 3:30 PM

Family Services Conference Rm, EDC 2nd Floor

Feb. 4 4:15 – 5:00 PM

### **Teenline: Coping with Changes in My Family, Part 1**

SAS – Bldg. 286

Feb. 5, 12, 19, 26 9:30 – 11:30 AM

### **ParentWorks Morning Play Group**

Bldg. 400 – back of Clinic

Feb. 11 11:00 AM – 12:00 PM

### **Living with Grief** 2:30 – 3:30 PM

In-Flight Café Annex – EDC

Feb. 18 4:15 – 5:00 PM

### **Teenline: Coping with Changes in My Family, Part 2**

SAS – Building 286

Feb 24 5:30 PM

### **Active Parenting Now**

Bldg 400 (Please, call first.)

Feb. 25 11:00 – 12:00 PM

### **Anger Management** 2:30 - 3:30 PM

Feb. 26 11:00 AM - 12:00 PM

### **Eldercare - Caregivers Resource Seminar**

In-Flight Cafe Annex - EDC

## Before you go “off track,” call FAP!

The Family Advocacy Program has arranged for **Teenline** from Holy Spirit to meet with youth 6 -12 years of age at School Ages Services (SAS), every two weeks to conduct fun and informative activity groups on healthy interpersonal relationships. For more information, call Rick Pedzwat, FAP Manager, at 770-7066.

## Putting the “Man” into Romance

Excerpts from *Keeping Love Alive* by Michael Webb

The following are excerpts from an interview about making romance a daily experience, not just at Valentine’s Day.

**Moderator:** Judging by the title of your book, I would guess men need more romance advice than women. Why are guys so bad at being romantic?

**Michael Webb:** I think it’s often the way we are brought up. In today’s society, 50% of us are probably coming from broken families, and the majority of that time we are living with our mothers. So there are very few romantic role models on the men’s side. Therefore, books like mine and other material are often invaluable to men and women too, who didn’t grow up learning how to be romantic.

**Moderator:** It seems a daunting task to find new ways to be romantic. How do you keep from feeling like you always have to top your last romantic gesture?

**Michael Webb:** When you don’t think of romance in terms of size or money, then being romantic is no longer that sort of challenge to yourself. Romance is really made up of all the little things that you do.

**Moderator:** For folks whose romantic tendencies have been dormant for a long while, suddenly doing overly romantic things on a daily basis might prove jarring to them and their partners. How do we ‘ramp up’ from no romance to a daily dose?

**Michael Webb:** I get this sort of question a lot. Men specifically have a fear that if all of a sudden they are uncaring and not very romantic, and then out of the blue they start doing romantic gestures - they have the fear that their spouse may start to question the reasoning behind their actions. Did they break something? Are they having an affair? Does he want something from me? But basically you have to get over this fear. Once you keep that routine up, they realize the change is real and the motivation behind it is sincere.

**Moderator:** Romance and kids go together like monkeys and peanut butter. How do parents of



young children make romance a part of their daily frantic lives?

**Michael Webb:** I believe the most important thing you can do for your children is not giving them a topnotch education, not spending a lot of money on their clothes, and not having a house in the best neighborhood. What is the single most important thing to consider in rearing a child is to bring him up in a loving family. So planning romantic events with your loved one should be of the highest priority.

And yes, because with little children romance often has to be planned, even if you think that only spontaneity is romantic. Something as simple as setting aside 10 minutes every night to discuss the day over a cup of hot chocolate can be a romantic experience. Children should certainly witness romantic encounters between their mother and father; it shouldn't be something only done in private. Otherwise, they will never learn how to be romantic in their future relationships. They need to know that loving time between mom and dad is very important.

**Question from Barbie:** My boyfriend is not romantic, and rarely thinks of doing something nice. I have given him a couple of books, ideas, etc, but this is not one of his strong points. Any ideas on how to get him to be a bit more responsive?

**Michael Webb:** Often you have to be very explicit on how important romance is to you in a relationship. To some people romance is simply the icing on the

cake, to others pretty much the entire cake. And once he knows what the need is in your relationship, that it's not just a little perk or wishful thinking, he may realize that he'll lose you if he doesn't try to be a little more sensitive and caring to your needs. But men are not mind readers. We have to be told.

**Question from Bradcaskanette:** So what is the most romantic thing for women?

**Michael Webb:** Again, each person is unique and different, and what I often advise men is to pay close attention to how their sweetheart pampers herself. If she had an extra \$75 and four hours what would she do? Most likely, she would not buy herself lingerie, and probably not take herself to the baseball game. But she might go to the spa, she might buy herself a couple of her favorite CDs. She might go to an out-of-town bed-and-breakfast for one night just to get away. What is romantic for one woman could be completely different for another. But I believe that they all agree that the little things — the hugs, kisses, and notes — are all romantic.

**Moderator:** What do you think of Valentine's Day? Some people feel like it sets up an expectation where if you don't go all out, you look bad, rather than being an occasion for doing something positive.

**Michael Webb:** I celebrate Valentine's Day 365 days out of the year. February 14 is not a special occasion for my wife and

me. Unfortunately February 14 has become so commercialized it's difficult to let your true feelings be expressed on a day that has so much expectation attached to it. In a recent poll that I saw 92% of the people who responded said that the amount that was spent on them on Valentine's Day was irrelevant. They only cared about the meaning behind the gifts.

**Question from GIVEMEURLUV:** It seems most of the time, dates should be romantic for the girls, but what's a really good way to make it romantic for the GUY?

**Michael Webb:** To consider what his likes and his feelings are. Maybe he wants to be an astronaut - then you could take him to the planetarium. Perhaps he's an outdoorsy type of guy. You can go fishing with him one weekend. Again, it's most important to ask him questions, to get to know him, and to plan your events around what would make him feel special.



## DDSP Shows Its Holiday Spirit

by Rick Pedzwater, Family Advocacy Program Manager

A total of 11 Christmas baskets were delivered to military families this year. Thank you to those whose donated items and nominated families, to the Community Mayors who collected & assembled the baskets, and to the Children's Holiday Party Committee for their donation of children's gifts and to the Depot Women's Club for subsidizing the food.

## Becoming the Father You Want to Be

*Last month, obstacles to becoming the father you want to be were identified. They included time pressures, attitudes about men's roles at work and at home; lack of parenting skills and disagreements with spouse about the best way to handle parenting situations.*



### Getting past the obstacles

The obstacles to successful fatherhood are real; but they're not impossible. As with any big challenge, the solution comes through progress made one small step at a time.

#### Step 1. Recognizing the importance of fatherhood

Remind yourself of why the effort is so important. It's because you are important to your children. Children with involved and supportive fathers gain a foundation of self-confidence and strength on which to build a successful adult life. A stronger relationship with your children can also make your own life much fuller and satisfying. Whether you're raising sons or daughters, your own example as a father is providing a positive role model. This may be reflected some day in how your children deal with their own families, and how they raise your grandchildren.

#### Step 2. Pushing through "imaginary" obstacles at work

Many fathers blame the work environment or their immediate supervisors for their inability to spend more time with their children. Some of this is real. Sometimes we need to put in long hours to meet critical business needs, and there are plenty of driven and unsupportive managers in the world. But much of the pressure comes from inside ourselves—from worry about how a manager might respond if we asked for greater flexibility in our work hours, for example, or for time off to see a child perform in a school play.

It can take courage to ask, but until you do, you don't really know how much of this work pressure is real and how much is just your imagination. Many fathers are surprised to find out how much room for

maneuver they do have in their schedules when they explore the issue with their managers.

Before you have this conversation, be sure to think through your request from your manager's point of view. How will the work get done if you take the afternoon off or change your regular work hours? If you want to come in earlier and leave earlier a couple days a week, for example, you might point out that you could be available to serve customers in different time zones, or that you'll be able to complete more project work with some uninterrupted time early in the morning.

For more information about fatherhood, call Rick Pedzwater, Family Advocacy Program, at 717-770-7066.

### Sibling Rivalry

By Elizabeth Pantley, author of *Kid Cooperation* and *Perfect Parenting*.

The word "sibling" refers to brothers and sisters and "sibling rivalry" means the competitive feelings and actions that often occur among children in a family. There are things that you can do to try to reduce sibling rivalry.

- Treat each child as an individual. Help children understand that they are treated differently by you and have different privileges and responsibilities because they are different individuals.
- Respect each child's space, toys and time when she wants to be alone, away from her sibling.
- Avoid labeling or comparing one child to the other. This feeds into their competitiveness.
- When a new child comes into the family, adequately prepare the older sibling for his new important role. Make him feel like it's his baby too.
- Play detective. Watch and note when siblings are not getting along before dinner, in the car, before bed and plan separate quiet activities for those times.
- Watch how you treat each child to see if you

are contributing to the rivalry. Make sure you are not playing favorites.

- Have realistic expectations of how they should get along, cooperate, and share.

- Positively reinforce them when they are getting along or when they solve their own conflicts.

- Make each child feel special and important. Try to spend one-on-one time with each child every day.

- Take time out for yourself to re-energize. Remember sibling rivalry is a normal and expected part of family life.

## **Sometimes, it's not just a bad day, - Part 2**

*Everyone has a bad day now and then. This month will look at "What is a depressive disorder?" and the types of depression. It's not simply mind over matter. You can't be talked out of depression. Depression is a serious illness that needs medical treatment. If you are depressed, ask your primary care provider for a depression screening.*

## **WHAT IS A DEPRESSIVE DISORDER?**

A depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. Without treatment, symptoms can last for weeks, months, or years. Appropriate

treatment can help most people who suffer from depression.

## **SYMPTOMS OF DEPRESSION**

Not everyone who is depressed experiences every symptom. Some people experience a few symptoms, some many. Severity of symptoms varies with individuals and also varies over time.

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

*Look for additional information on depression in upcoming edi-*

*tions of the Connection or call the Family Advocacy Program at 717-770-7066. Next month will cover "Causes of Depression."*

## **Web-Based Help for Military Families**

Each branch of military service now has its own website and 800 number service for help with a wide range of personal and family matters. In addition to information and referral, Army One Source (below) offers up to six confidential, face-to-face counseling sessions for soldiers and their family members. The phone numbers are:

- Army One Source 1-800-464-8107
- MCCS One Source 1-800-433-6688
- USAF LifeWorks 1-888-267-8126
- Navy One Source 1-800-540-4123

**Riverview Golf Club**

**Now through - Feb 28**

**Winter Daily Greens Fees**

**18 holes - \$10.00**

**9 holes - \$ 6.00**

**Golf Cart Rental Rates**

**18 holes - \$ 10.00**

**9 holes - \$5.00**

**(OPEN UNLESS GROUND IS SNOW COVERED)**



## Getting Through Tax Season: Part 1 in a Series

The IRS has been working diligently to reduce its cost of operations, thereby saving all of us money. One way in which it is accomplishing this is to decide rather carefully which tax forms to send to you. However, in deciding what form to send to you, the IRS, of course, does not know if you had major changes in your life (marriage, divorce, death of a spouse or other dependent, birth of a child) or major changes in your income (called to active duty, deployed overseas, big promotion, new job).

The point to remember is that you and your tax preparer need to decide which forms are right for you based upon your income and expenses for 2003. If you need different forms than the IRS has mailed to you, you can easily download them at the IRS Website at <http://www.irs.gov/>. If you do not have access to the Internet, you will find an order form in the back of the IRS booklet that you received. Circle the forms you want, and mail it to the address shown in your booklet as soon as possible. As we get closer to April 15th, requests for forms really build up, and the IRS may not be able to mail you the forms you wanted in time to file your return by April 15th. To learn more, see <http://www.military.com>

## DoD Tax Statements Now Posted Online

Tax statements are now posted on myPay for Army, Navy, Air Force Reserve, Department of Defense and Department of Energy civilian employees, military annuitants, and military retirees. W-2 and 1099

statements are available for these groups to view and print immediately, allowing them to submit their tax returns quickly. The statements are available at <https://mypay.dfas.mil>. For assistance call myPay customer support at 1-800-390-2348. myPay is an online pay accounting system that allows individuals to take control of their pay information in a safe and secure manner. The system offers faster enhanced services, security, accessibility and reliability to all customers.



## Child and Youth Development Services to Move to New Facility

The Child Development Center (CDC), School Age Services (SAS) and Youth Services (YS) will be co-locating to building 255 in the near future.

Currently, CDC provides services to children from building 351. SAS and YS programs provide services for youth from building 286, utilizing the same space and services which are offered at different times. All three programs will have separate spaces in building 255. CDC will provide services at one end of the facility, administrative offices are located in the middle of the facility and SAS and YS are located in the other end. Both programs will be able to offer some concurrent services in the new facility.

Open House: Look for information on upcoming date.

Opening Day: To be announced

Ribbon Cutting Ceremony: A special ribbon cutting will be held at the new building to honor the opening of our "State of the Art" facility. CAPT Ritchie will be cutting the ribbon and special guest speakers will address the audience. Light refreshments will be served following the ceremony.

## Presidents Day

Originally, the holiday was in commemoration of George Washington's birthday in 1796. Washington, according to the calendar in use at the time, was born on February 22, 1732.

Another revered president, Abraham Lincoln, was born on the February 12th. The first formal observance of his birthday took place in 1866.

While the holiday in February is officially known as Washington's Birthday, it has become popularly known as "President's Day." This has made the third Monday in February a day for honoring Washington and Lincoln, as well as all the other men who have served as president. In 1968, legislation (HR 15951) was enacted that affected several federal holidays. This act, which took effect in 1971, was designed to simplify the yearly calendar of holidays.

## 6 FREE Evening Sessions of

### Active Parenting Now

For parents of children ages 5-12 years  
by Michael H. Popkin, Ph.D.

This powerful award-winning tool helps parents raise responsible, cooperative children who are prepared to meet the challenges of the teen years! The all-new video covers violence, bullying and peer influences and lessons are arranged so parents can see results sooner!

Here's what you'll be learning:

#### Session I

What kids need to succeed  
Parenting Styles  
Mutual Respect  
"Method of Choice"

#### Session II

Handling problems  
Building cooperation  
Active communication

#### Session III

Teaching responsibility  
Effective discipline techniques  
"I" messages  
Logical consequences

#### Session IV

Why children misbehave  
Sidestepping power struggles

#### Session V

Think-Feel-Do cycle  
Character, courage, self-esteem  
Stimulating independence  
Power of encouragement

#### Session VI

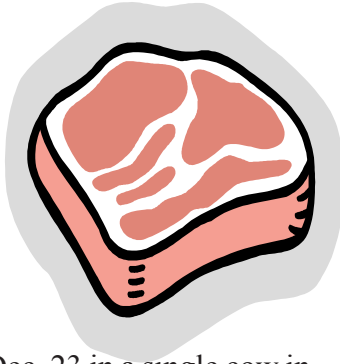
Parents influencing events  
Family council meetings

**Call Rick Pedzwater at 770-7066 to register!**

Activity	Manager	Building	Telephone Number
Auto Center	Jim Marshall	250	770-5701
Auto Hobby	Wayne DeWolf	250	770-5699
Bowling Center	Barry Koons	412	770-7325
Child Development Center	MaryAnn Jordan	351	770-7525
Defense Dining Facilities	John Ewell	2001	770-5125
Family Advocacy Program	Rick Pedzwater	2001	770-7066
Fitness Center	Wayne De Wolf	459	770-6428
Housing and Lodging	Kasandra White	268	770-8938
NAF Employment	Glenda Frazier	400	770-8010
Recycling Center	Jim Marshall	49B	770-5961
Riverview Golf Club	Bob Dunkinson	300	770-5199
School Age /Youth Services	Amanada Munoz	286	770-6768
Susquehanna Club	Sharen Ewell	79	770-3030
QOL Customer Service	Wendy Keesey	2001	770-5072

## DeCA: No Beef Involved in Recall

FORT LEE, Va. — Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy (BSE), also known as “mad cow” disease, identified Dec. 23 in a single cow in Washington state.



Since Dec. 23 the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may have originated from the infected cow and from cows slaughtered at the same time and location.

“No beef in any of our 275 commissaries worldwide has been involved in a USDA recall,” said Col. Mark Wolken, chief of public health, safety and security for the agency. “The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution, not fear that the meat is infected. Should the USDA make a determination that there is a danger, DeCA would be first to react to protect the health of our customers.”

Since the first U.S. case of BSE was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary. Questions range from “Should I return the ground beef I bought last week?” to “Has my commissary received meat from the infected cow?”

The answer to both questions is “no” said Wolken, an Army veterinarian.

USDA investigators have determined that the recalled meat went to a few commercial markets in Alaska, Hawaii, Idaho, Montana and Guam as well as Washington, Oregon, California and Nevada.

“No commissaries received any of those shipments,” Wolken emphasized. “But I can certainly understand customers having concerns and questions. We’re all affected by this — we’re all concerned.”

## Installation Services Briefing

**Are you in-the-know or in-the-dark  
about what’s happening here?**

**Get the information from the  
experts!**

**When: March 2, 2004 at 1:00 PM**

**Executive Conference Room  
Building 54, Door 11**

**Information on programs for those  
who live or work here!**

**Relocation Assistance,  
Family Advocacy, Child and Youth,  
Housing/Lodging, Health Clinic and  
More!**

Customers who choose to return products to the commissary may do so for a full refund, he said.

Mad cow is a fatal disease that destroys the brain of the infected animal. It is caused in cattle by misshapen proteins called prions and is thought to be spread from animal to animal through contaminated feed. A rare form of the disease in humans known as variant Creutzfeldt-Jakob Disease has been linked to the consumption of contaminated beef products. About 140 deaths linked to mad cow since the mid-1990s, have mainly been in Britain.

For the latest developments on the current situation as well as for links to the USDA and other information on recalls and food safety, commissary customers can check the food safety link at [www.commissaries.com](http://www.commissaries.com).



# Calendar of Events

Feb. 1, **Harrisburg Symphony, Pirates of Penzance**, Forum, 5th & Walnut Sts, Harrisburg, 3:00 PM, for tickets call 214-ARTS

Feb. 4, **Hershey Bears vs. Albany River Rats**, Giant Center, Hershey, 7:30 PM

Feb. 7, **Hershey Bears vs. Syracuse Crunch**, Giant Center, Hershey, 7:00 PM

Feb. 7-15, **Eastern Sports and Outdoor Show**, Farm Show Complex, 2301 North Cameron Street, Harrisburg

Feb. 7 - 9:00 AM - 7:00 PM

Feb. 8 - 10:00 AM - 7:00 PM

Feb. 9 to 14 - 9:00 AM - 7:00 PM

Feb. 15 10:00 AM - 5:00 PM

Tickets are \$10.00

Feb. 11 - 16, **The Tale of The Allergist's Wife - Hershey Theatre**. 15 E. Caracas Avenue, Hershey, 717- 534-3405.

Starring four-time Emmy Award winner Valerie Harper . Harper direct from Broadway, in the smash-hit comedy, The Tale of the Allergist's Wife stars as a New York woman who's desperately searching for the meaning of life.

Feb. 14, **Hershey Bears vs. Portland Pirates**, Giant Center, Hershey, 7:00 PM

Feb. 14 - 15, **Harrisburg Symphony Classical**

**Concerts**, Forum, 5th & Walnut Sts., Harrisburg  
Saturday - 8:00 PM, Sunday - 3:00 PM, for tickets call 214-ARTS

Feb. 18, **Rod Stewart in Concert**, Giant Center, Hershey, 8:00. Call 534-3911 or 260-2000 for tickets

Feb. 20 - 22, **Arabian Nights at York Little Theatre**, Genies that come out of bottles, enchanted oranges, Arabian music and dancing are all part of this mysterious and magical play.

27 South Belmont Street  
York Little Theatre  
York, PA 17403

General admission tickets \$7.00.  
Friday and Saturday performances 8:00 PM, Sunday 3:00 PM.

Feb. 20, **Susquehanna Club Dinner and Social**, Social 4:00 PM, Dinner 6:00 PM. R.S.V.P. by calling 770-3030.

Feb. 21, **Hershey Bears vs Philadelphia Phantoms**, Giant Center, Hershey, 7:00 PM

Feb. 21-22, **Motorama Races and Show**, Farm Show Complex, 2301 North Cameron Street, Harrisburg, Saturday 9:00 AM - 10:00 PM, Sunday 9:00 AM - 6:00 PM, Adults \$20, children 6 - 12 years \$10.00, children under 6 years are free.

Feb. 27 - 29, **PA World Expo Horse Show**, Farm Show

Complex, 2301 North Cameron Street, Harrisburg. Call 301-916-0852 for more information.

Feb. 27, 28 & March 1, 2, **An Evening with Edgar Allan Poe**, Whitaker Center, Harrisburg, 717-214-2787. A journey into the mind of Edgar Allan Poe, the master of mystery and the macabre! Actor David Keltz returns to Harrisburg with an expanded version of his one-man theatrical tour de force.

Feb. 28, **Hershey Bears vs. Albany River Rats**, Giant Center, Hershey, 7:00 PM

Feb. 29, **Hershey Bears vs Binghamton Senators**, Giant Center, Hershey, 5:00 PM

Feb. 28 - Mar. 7, **Pennsylvania Home Builders Show**, Farm Show Complex, 2301 North Cameron Street, Harrisburg, Adults \$7.00, Children 12 and under - free, Senior Citizens Day (55+) - March 1, \$5.00  
Sat. 10:00 AM - 9:00 PM, Sun 10:00 AM - 6:00 PM, Mon - Fri 1:00 - 9:00 PM

Feb. 29, **Harrisburg Symphony Children's Crayon Concert Series**, Forum, 5th & Walnut Sts, Harrisburg, General Admission, 3:00 PM

# Susquehanna Club

## Social

February 20<sup>th</sup>



**Fried Chicken  
Vegetable Lasagna  
Top Round of Beef  
Corn  
Mixed Vegetables  
Dessert**

**Members: \$10.00  
Non-members: \$ 13.00**

**Make your reservation  
before February 18<sup>th</sup>  
by calling 770-3030.**

**The Susquehanna Club reserves the right to cancel, if a minimum number of reservations are not made. To reserve your space, call 770-3030**